



"Whatever you do, work at it with all your heart"

Colossians 3:23



Being My Best

Year 5
Autumn 1



Key Knowledge:

To know that:

- **Being independent and showing responsibility are important.**
- **What makes people attractive is not just how people look but also how they behave.**
- **The way people are portrayed in the media isn't always an accurate reflection of them in real life.**
- Some harmful effects of smoking and drinking alcohol can be lung and liver damage
- food, water and oxygen, sleep and exercise are good for the human body and its health.
- Some people see smoking as the norm but this is a misconception
- The digestive, nervous, respiratory and circulatory system are important to our health.
- The four systems are inter-related.
- The heart is responsible for pumping blood around the body.
- Everyone has strengths and talents.
- Some areas need improvement and there are strategies for achieving those improvements.
- Parents, trusted adults, and close family and friends are responsible for helping them stay healthy and safe.





Key Vocabulary:

Harmful—causing or likely to cause harm

Alcohol—a chemical substance which is fallible and present in drinks such as beer and wine.

Oxygen—a chemical element found in the air which is essential to life.

Misperception—a wrong or inaccurate understanding.

Function—an action that is natural or purposeful.

Inter-related—things that relate or connect to one another.

Portrayed—something which is described or shown in a certain way.

Celebrity—a famous person or well-known person.

